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(54) DEVICE AND METHOD FOR PROVIDING A MASSAGE

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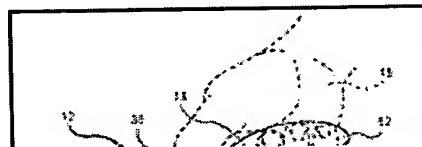
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Abstract

(57) A handheld massage device (12) has a body
including a handle portion (18) and a head
portion (21) forming a socket in which a roller



ball (24) is removably received. The user can provide increased pressure and can better control a motion during a massage by way of the device. A rolling aspect of the roller ball provides a distinctive massage, especially when a ball of a predetermined size, material, and/or other physical characteristics is used in the device. The massage device may include a set of roller balls, and the method may include selecting a roller ball from the set based on one or more desired characteristic and/or associated therapeutic property to impart a particular healing or other benefit to the subject person.

